



# The Monroe Institute

Explore Consciousness - Transform Your Life

## From the Director's Chair: May 2017

### Renewing Under Stress: What Works for Me-and What Doesn't

by Nancy "Scooter" McMoneagle  
President & Director, The Monroe Institute

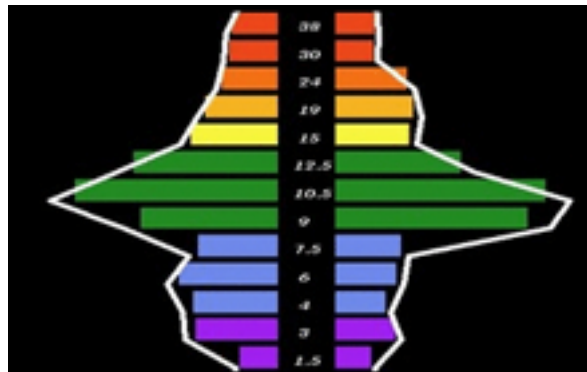


When I'm feeling gratitude, that in itself is Self-renewing. Each morning, generally before I get up, I take a few minutes to enter a state of relaxed awareness and give thanks in advance for the day ahead...

[Read More.](#)

## Journeys-Mind Mirror Study

Discover what your brainwaves are doing during the exercises, and participate in research exploring group synchronicity.



Judith Pennington, from the Institute for the Awakened Mind, will be joining us for a special Journeys program event, June 17-23. Using the Mind Mirror 6 EEG system, we will collect EEG data from groups of 6 participants simultaneously throughout the week. This is a unique opportunity to actually see what your brainwaves are doing during a TMI exercise!

[Read more.](#)

## Grief, Fear, Guilt, and Renewal at TMI

by Leslie France

When consuming loss is exacerbated by the circumstances of the death, connecting in a meaningful way with a deceased loved one can have a profound healing effect.



[Read more.](#)

### Journeys: A Voyage to Happiness

What is the relationship between happiness and what we think, know, and actually experience?

JUNE 17-23



## Totem Animal Lands at TMI

by Leslie France

Could this extraordinary bird have come to assist the release of unproductive, stale energy to make room for the new? Was its perch on the crystal a statement about the resonant shift this manifestation represents, ... ?



[Read more.](#)



## Law of Attraction

Change your beliefs, change your life.

June 17-23



Learn healing techniques for yourself and others using Expanded-Field Reiki, Hemi-Sync®, Spatial Angle Modulation™ (SAM) and Biofield Imaging!

Energy Medicine July 29 - August 4

Earn Reiki I, II and Reiki Master certifications, plus up to 40 hours of CEUs/CMEs (Category 2)



The work we do is made possible through the generosity of our volunteers and supporters.

## Make a Gift to TMI

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